














January 2025

Spruce Lodge Nursing Home



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>To contact Activities: (519) 271-4090 ext. 2227 activity@sprucelodge.on.ca</p> <p>*Programs may change*</p>			<p>New Year's Day 1</p>  <p>Happy New Year!</p>	<p>10:00 Walking Group 2 11:00 Church Service 2:00 Bingo 3:00 Café Social</p>	<p>10:30 Word Games 3 10:30 DROM 2:00 Hockey Game 3:00 Cafe Social</p> 	<p>10:30 Fun & Fitness 4 2:00 Bingo 3:00 Café Social</p>
<p>10:00 TV Church Service 5 2:00 Discussion: New Years Resolution 3:00 Cafe Social</p>	<p>10:30 Painting Group 6 2:00 Sing-a-Long with Karen 3:00 Cafe Social</p>	<p>10:30 Adam's Advanced Exercises 7 10:30 Manicure Morning 2:00 Bingo 3:00 Café Social</p>	<p>10:30 RC Mass 8 11:15 Church Service 2:00 Keys and Strings Band 3:00 Cafe Social</p> 	<p>10:00 Scrapbooking 9 2:00 Bingo 3:00 Café Social 6:15 Friendship Circle</p>	<p>10:00 Tea Tasting Fun 10 2:00 Snowman Building Competition 3:00 Cafe Social</p> 	<p>10:30 Fun & Fitness 11 2:00 Bingo 3:00 Café Social</p>
<p>10:00 TV Church Service 12 10:30 Word Games 2:00 Crafty Corner Fun 3:00 Cafe Social</p>	<p>10:30 News and Events 13 2:00 DROM 3:00 Cafe Social 6:30 2 Gals & a Guitar</p>	<p>10:30 Adam's Advanced Exercises 14 10:30 Baking Group 2:00 Bingo 3:00 Café Social</p>	<p>10:00 Resident Council 15 2:00 Music with Gerry Cutting 3:00 Bagel Café</p> 	<p>10:00 Walking Group 16 11:00 Church Service 2:00 Bingo 3:00 Café Social</p>	<p>10:30 Balloon Volleyball 17 2:00 Tim Horton's Drive Thru</p> 	<p>10:30 Fun & Fitness 18 2:00 Bingo 3:00 Café Social</p>
<p>10:00 TV Church Service 19 2:00 Trivia Fun 3:00 Cafe Social</p> 	<p>Hawaiian Dress-up Day 20 10:30 Hawaiian Luau Party 2:00 Sing-a-Long with Karen 3:00 Tropical Drink Cafe</p> 	<p>10:30 Adam's Advanced Exercises 21 10:30 Reading Group 2:00 Bingo 3:00 Cafe and Music</p>	<p>Bell Lets Talk Day 22 10:30 Campfire 2:00 Mental Health Info Session with Senior's Mental Health 3:00 Café Social</p>	<p>10:00 Walking Group 23 11:00 Church Service 2:00 Bingo 3:00 Café Social 6:30 Trivia Night</p>	<p>10:30 Learn about Kilts with MacLeod's Scottish Shop 24 2:00 Music with Mike Kelly 3:00 Cafe Social</p> 	<p>Robbie Burns Day 25 10:30 All about Robbie Burns 2:00 Bingo 3:00 Café Social</p>
<p>10:00 TV Church Service 26 2:00 Guided Meditation 3:00 Cafe Social</p>	<p>10:30 Winter Craft Fun 27 2:00 Hymn Sing with Karen 3:00 Cafe Social</p>	<p>10:30 Adam's Advanced Exercises 28 10:30 Manicure Morning 2:00 Bingo 3:00 Café Social</p>	<p>Lunar New Year 29 10:30 Travelogue to China 2:00 Birthday Party with Bob Lauze 3:00 Birthday Cafe</p> 	<p>10:00 Scrapbooking 30 2:00 Bingo 3:00 Café Social 6:30 Just for Fun Band</p>	<p>10:30 Word Games 31 2:00 Name That Tune Game 3:00 Hot Chocolate Cafe</p> 	<p>January is Alzheimer's Awareness Month. Check out the information posted around the building.</p>